

Fast Food

For many busy Americans, eating fast food has become part of the daily routine. Many people know that fast food is often high in calories, fat and sodium and should be avoided. But since it is here to stay, make the best of fast food. Become a fast food sleuth. Find ways to reduce the calories, fat and sodium in the foods chosen. Here are a few great tips:

Reducing Fat and Calories

- ◆ Top the sandwich with fresh veggies, olives, pickles, light mayonnaise, and mustard.
- ◆ Ask to hold high fat toppings like cheese, bacon, regular mayonnaise, and “special” sauces.
- ◆ Try fat free salad dressing or honey mustard sauce to add flavor to your sandwich and salad.
- ◆ Choose foods that have been baked or grilled instead of fried.
- ◆ Choose diet soda instead of regular. Don’t like the taste of diet? Try squeezing a lemon or lime wedge into your diet soda. Choose low fat milk and water most often.
- ◆ Cut fat and calories with portion control. Order regular size or even kid size - not super size.
- ◆ Bring healthy side dishes along and skip the fries – try fresh fruit and fresh vegetables or low fat yogurt.

Reducing Sodium

- ◆ Limit cheese, bacon, salt, mustard, mayonnaise, olives and pickles.
- ◆ Veggies – top sandwiches with lettuce, tomato, green peppers, and onions.
- ◆ Just Bake It! Choose foods that have been baked or grilled instead of fried.

Instead of	Try	Calories Saved	Fat Saved	Sodium Saved
Cheese slice	Tomato	100	9 gm	250 mg
Bacon slice	Lettuce	45	3 gm	133 mg
Mayonnaise (1 tbsp)	Honey Mustard	100	11 gm	75 mg
Salad Dressing (2 tbsp)	Fat Free Dressing	90	10 gm	180 mg
Regular Cola (small)	Diet Cola	150	0 gm	0 mg

Overall to make it healthier, choose whole grain options when available. Choose multigrain, whole wheat, and fresh veggies and fruit to add some fiber and health to the fast food choice.

For additional program information, please contact Workforce Health at 262-257-4780 or email us at kcpeck@communitymemorial.com